ABSTRACT

Acne vulgaris is a chronic inflammatory skin disease of the pilosebaceous unit, consisting of non-inflammatory lesions such as open and closed comedones, as well as inflammatory lesions such as papules, pustules, and nodules. According to the Global Burden of Disease (GBD), acne vulgaris affects 85% of young adults. The incidence of acne vulgaris is most common between the ages of 17 and 21. Risk factors for acne vulgaris include age, family history, skincare, cosmetics, menstruation, and stress. This study aimed to determine the risk factors affecting acne vulgaris in female students of the Medical Study Program of Malikussaleh University, intake 2021-2023. This study was a descriptive analytical study with a cross-sectional design on 83 respondents, selected using a stratified random sampling technique. Data were obtained through a diagnosis by a dermatologist and a perceived stress scale (PSS-10) questionnaire. The results of the analysis using the chi-square test and the Fisher exact test showed no significant relationship between age ($p = 0.483$), family history ($p = 0.077$), types of cosmetic foundation powder ($p = 0.370$), moisturizer ($p = 0.340$), compact powder ($p = 0.333$), sunscreen ($p = 5.79$), toner/cleanser ($p = 0.697$), facial hygiene ($p = 0.076$), and stress ($p = 0.082$) with acne vulgaris. However, there was a significant relationship between menstruation ($p = 0.017$) and acne vulgaris. Conclusion: there was no relationship acne vulgaris with age, family history, facial hygiene, stress, and several types of cosmetics. However, there was a relationship between menstruation and acne vulgaris.

Keywords: Acne vulgaris, risk factors, students